



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

0000

Franke, Simon

000: 2:28:04

00: RVG Rockenberg

00: 22.29 km/h

00: 15

0000: 2:41 min/km

00: 55.00 km

00000/000: 9 (of 46)

HarzMan 10,0-40,0-5,0

00000/0: 9 (of 42)

000000: 2:08:59

0000:

00000: 4(of 14)

AK 2 männlich (30-39 Jahre)

0000000: 2:19:54

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0000

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	2.50	9:28	3:47	6	1:31	12	1:31	2.50	9:28	3:47	4	1:18	30	
00 2	2.50	9:50	3:56	6	1:26	13	1:26	5.00	19:18	3:51	4	2:28	30	
00 3	2.50	9:58	3:59	6	1:20	13	1:20	7.50	29:16	3:54	4	3:22	30	
000 Rad	2.50	10:31	4:12	3	1:18	7	1:18	10.00	39:47	3:58	4	3:58	31	
00 1	0.20	0:19	1:34	1	-	1	-	10.20	40:06	3:55	4	3:52	30	
00 2	10.00	20:39	2:03	3	0:58	5	2:59	20.20	1:00:45	3:00	4	3:44	30	
00 3	10.00	20:57	2:05	2	1:08	5	3:16	30.20	1:21:42	2:42	4	3:37	30	
00 4	10.00	21:08	2:06	2	0:10	5	2:53	40.20	1:42:50	2:33	4	3:47	30	
000 Rad	10.00	22:35	2:15	3	0:43	8	11:42	50.20	2:05:25	2:29	4	4:23	30	
00 1	0.20	0:29	2:24	11	0:06	21	0:08	50.40	2:05:54	2:29	4	4:29	30	
00 2	2.50	11:19	4:31	8	2:08	20	2:08	52.90	2:17:13	2:35	4	6:37	30	
000 Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	10:51	5:09	6	1:45	14	1:48	55.00	2:28:04	2:41	4	8:10	10	1:01:49